

**WE ARE HERE TO HELP.
CALL US!
YOU ARE NOT ALONE.**

24/7 Crisis Numbers

Hawai'i CARES: 808-832-3100

Suicide & Crisis Lifeline: Dial 988 or Text "ALOHA" to 988

Sexual Assault Support Services: 808-935-0677

Medical Emergency: Dial 911



RESOURCE GUIDE

WWW.HIFTF.ORG

Non-12 Step:

SMART Recovery

www.smartrecovery.org/
440-951-5357

Women for Sobriety New Life Program

www.womenforsobriety.org/
215-536-8026
contact@womenforsobriety.org

White Bison

(recovery program by and for Indigenous
People)
www.whitebison.org/

Secular Organizations for Sobriety (SOS)

www.sossobriety.org/

Lionrock

(fee required)
www.lionrock.life/meetings
1-800-258-6550

12 Step (continued):

A 12-step program is a peer-based mutual help program for people with alcohol and drug problems. The steps are guiding principles that outline how to overcome addiction, avoid triggers and live a happy and productive life.

Refuge Recovery (Buddhist based)

www.refugerecovery.org/
323-207-0276

In the Rooms

(global online, over 20 different fellowships available)
www.intherooms.com/home/

Medication Assisted Recovery Anonymous

www.mara-international.org/

Al-Anon

(for family and friends of people with an alcohol problem)
www.al-anon.org/

Nar-Anon

(for family and friends of people with drug addiction)
www.nar-anon.org/

Adult Children of Alcoholics

www.adultchildren.org/

Codependents Anonymous

www.coda.org

ABOUT US

Fentanyl was first reported on Hawai'i Island in 2017: by 2020 it was showing up in tests of some persons seeking help for other substance use problems and addictions. By 2021 fentanyl was being laced into virtually every known street drug. Many were unaware of this, and used cocaine, methamphetamine, cannabis (marijuana), fake pain pills, and other substances to which powdered fentanyl was added.

In November, 2021 a 14-year-old Hawai'i Island girl died from an unintentional ingestion of fentanyl. Although the official cause of death was not reported until 9 months later, community members and health professionals in the field knew quickly. A small group subsequently approached Mayor Mitch Roth and the coalition now known as the

Hawai'i Island Fentanyl Task Force was formed (HIFTF). To effectively address the opioid and fentanyl epidemic, the Task Force knew that ALL unhealthy substance use would need to be addressed, especially use among our youth. Nobody goes from chewing gum to fentanyl, and now that virtually any drug can be laced with this deadly poison, no recreational drug use is safe. HIFTF is a community-based, volunteer driven, non-governmental, independent organization.

Now with nearly 100 members – agencies and individuals – HIFTF is pursuing its mission and vision and has a detailed plan of action (see www.hiftf.org).

VISION

A community that is aware, informed, and empowered to prevent addiction, drug overdose, and other consequences of drug use on Hawaii Island.

MISSION

Our mission is to reduce the demand and supply of illicit drugs and of unhealthy alcohol and drug use in all age groups. We do this through education, prevention, treatment, harm reduction and recovery support activities.

PREVENTION FIRST!

Community Mutual Support Groups:

These are groups in your local community voluntarily and anonymously seeking initial or sustained recovery from alcohol and/or drugs. Persons with sustained recovery usually lead the groups and they and other members are available to help others. Groups are available in-person or virtually, with hundreds of meetings weekly on Hawai'i Island. There are no fees required, unless noted. And unless listed otherwise, they are not affiliated with any business, agency, church or special interest. Their purpose is to support recovery for anyone having issues with alcohol or drugs.

12-Step:

A 12-step program is a peer-based mutual help program for people with alcohol and drug problems. The steps are guiding principles that outline how to overcome addiction, avoid triggers and live a happy and productive life.

Alcoholics Anonymous (AA)

West Hawai'i AA: (808) 329-1212

East Hawai'i AA: 808-961-6133

www.westhawaiiiaa.org

www.westhawaiiiaa.org

www.aa-intergroup.org/meetings

Online global meetings www.aa.org/

Narcotics Anonymous (NA)

www.na-hawaii.org/

Online global meetings www.na.org/

818-773-9999

Celebrate Recovery (Christian based)

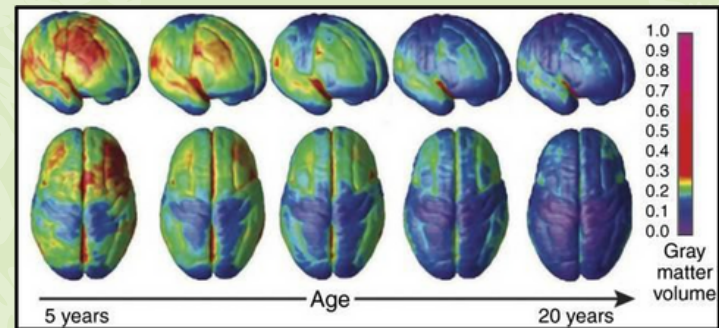
www.celebraterecovery.com/

24/7 Hawai'i CARES line: 1-800-753-6879. Or call, text or chat at 988.

24/7 SAMHSA National Helpline: 1-800-662-Help (4357)

It is a stark reality that treatment of persons with drug or alcohol problems will never be enough to stem the rising tide of consequences which individuals, families and communities endure due to unhealthy substance use and addiction. Persons with substance use disorders need treatment, yet decades of community health experience indicate that treatment alone is insufficient. The major risk factor for unhealthy substance use and addiction is the use of any mind-altering substance before the brain has biologically matured, at about age 25. This then is the golden time for preventive interventions. Our message to youth is "Choose Not to Use" and "If you choose to use, consider waiting until your brain matures, so your present and your future will be healthier and safer to enjoy". We at HIFTF believe that prevention is the best long-term option, and we will continue to advance awareness, education, and prevention at every possible level. We do this through presentations, collaborations, and participation at multiple levels. For guidance and an overview of practical prevention principles and programs visit: www.health.hawaii.gov/substance-abuse/ or www.samhsa.gov/find-help/prevention.

Brain Development Age 0 - 20



Blue indicates the areas of the brain that have fully developed; while the green indicates areas that are still developing. Although the photo ends at age 20, you'll still see spots of green but at 25 it'll be all Blue.

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Medical Providers:

Any licensed medical provider can prescribe these medications, except for methadone, which is available for opioid use disorder only from the methadone clinic listed. Unfortunately, many health professionals are not aware of these medications or feel that they do not want to treat addictive disorders. This is less of a problem for recently graduated health professionals, or for health professionals staying current in medical practice, as they are up-to-date and aware of our state and nation's drug crisis and the effective interventions that can be offered.

Hāmākua-Kohala Health
808-775-7024

Hawai'i Island Community Health Center
East: 808-333-3600
West: 808-326-5629

Ku Aloha Ola Mau
(Hilo Methadone Clinic)
808-961-6822

Dr. Jennifer Shresthra
Pāhala: 808-932-4205

Dr. Chad Ahia
Hilo: 808-961-0146

Christina MB Wang, DNP, APRN
(Statewide, virtual)
Medical Director
Hawai'i Health & Harm Reduction Center
808-521-2437

Marquita Granda, APRN, PMHNP-BC, FNP-C
(Hawai'i Island, virtual)
mgranda@satorimentalhealth.org
808-201-0073

Hawai'i Island Fentanyl Task Force
Unable to locate or access a medication provider? Call us at 808-965-3083,
9am-4pm M-F.

If no medical provider is available and withdrawal is intolerable, go to the nearest emergency room.

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TREATMENT FOR ALCOHOL & DRUG PROBLEMS

The type, intensity and duration of treatment is decided after the completion of an initial, structured assessment by the person seeking care and counseling professional.

There are 3 types of interventions for problematic drug or alcohol use and addiction. A person receiving treatment may receive any or all of these, based on their initial assessment. Recovery may be enhanced by the "Together is Better" approach - by integrating multiple treatments, such as counseling with supportive housing and medication. The treatment approaches listed below are detailed in the pages that follow.

A. Education, Counseling & Behavioral Treatment

B. Residential Treatment & Supportive Housing

C. Medical Treatment

Medications

Medical Providers

Buprenorphine and Narcan Nasal Spray

24/7 Hawai'i CARES line: 1-800-753-6879. Or call, text or chat at 988.
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Where to get Narcan:

- Narcan is now available OTC, Over the Counter, at most pharmacies (cost is about \$45)
- Narcan is available **FREE** from:
 - Hawaii Health & Harm Reduction Center (2 doses)
 - www.hhhrc.org/
 - Hawai'i Island Fentanyl Task Force: 808-965-6830
 - At regular community giveaways
 - In vending machines placed island-wide by HIFTF (anticipated in October, 2023): locations on website.



How to Use Narcan

It is easy and safe to use Narcan. Unless someone has opioids in their systems, no adverse effects can be expected – the Narcan will only reverse the overdose.

Scan the QR code below for a video on [How to Use Narcan \(naloxone\) Nasal Spray](#) or read the three (3) simple steps attached to every box of Narcan (each box contains 2 nasal spray doses).

Scan the QR code to view an in-depth video on how to use Narcan



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A. Education, Counseling & Behavioral Treatment

Education and/or counseling sessions are usually 45–90 minutes long and spaced at regular intervals; Intensive Outpatient Programs (IOP) are usually 9 hours a week, split over 3 days, for several months.

In-Person

BISAC

Kona: 322-3100
Hilo: 935-4927
Kea'au: 969-9994

Care Hawai'i

Day Treatment
Kona: 808-930-3161

CARE Hawai'i

(Dual Diagnosis: mental illness and substance use)

Lokahi Treatment Centers

Hillside Plaza
76-6225 Kuakini Highway, Suite B105
Kailua-Kona, HI 96740
808-331-1175

Care Hawai'i

Day Treatment (Hilo)
808-930-2810

Virtual

Lino Behavioral Health

(Accepts most insurances)
808-450-3010

Lionrock Recovery

(Subscription Fee)
1-800-258-6550

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Narcan

Narcan, also known as naloxone, is a nasal spray which reverses opioid overdose. Opioid overdose is now the leading cause of U.S. deaths in persons 18–45 years old. Hawai'i Island has not been spared.

Anyone – from Keiki to Kūpuna – using or exposed to any substance (pills, ice, cocaine, cannabis, etc.,) may unintentionally ingest a drug laced with an opioid such as fentanyl. This can result in overdose and death. One of every 33 deaths in the U.S. today are from overdose, and 75% of these are caused by intentional or unintentional fentanyl. When used in time, Narcan will quickly reverse the overdose, saving the person's life until emergency responders arrive. Family members, friends and others who have contact with anyone using drugs which could be laced with fentanyl, can save that person's life with Narcan. This includes not just "recreational" drug users, yet also our Kupuna and others who have legitimate medical prescriptions for pain killers, yet who may take more than prescribed, or take more frequently than prescribed, or mix their medication with alcohol, another prescription or street drugs.



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B. Residential Treatment & Supportive Housing

These programs usually include the above outlined education, counseling and IOP as well as medical treatment when appropriate.

Frequently Asked Questions about Residential and Supportive Housing

What is residential treatment?

Residential treatment typically consists of 28+ days staying in a facility. While at the facility you will receive individual and group counseling, as well as food, laundry, and other services depending on the facility. The slang term for this is "rehab."

How do I know if residential treatment is right for me?

If you are unable to stay alcohol and drug free in your current environment or you are unable to stay sober while in outpatient treatment, you may need a higher level of care.

What is Supportive Housing?

These are housing options for persons who do not need, or may have already completed residential treatment. Unlike residential programs, there are fewer restrictions on daily activities, and outside employment and other recovery and community activities are possible.

How do I begin the referral process?

See your medical provider, or contact one of the resources listed in this document.

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Essential Medications for Opioid Use Disorder:

Buprenorphine and Narcan Nasal Spray

These two medications can be life-changing and lifesaving for persons with opioid use disorder.

Buprenorphine

Also known by its brand names Suboxone, Subutex, etc., or “Bupe”, this is a safe and effective medication that relieves opioid withdrawal and craving, and can be used as long as necessary during a person’s recovery from opioid addiction. It is FDA approved and the most effective medication in its class.

Buprenorphine saves lives and helps people get their lives back on track. This medication, like all medications for alcohol and drug problems, can be used alone or combined with other treatments or by attendance at Community Support Groups. In fact, “Together is Better” – a comprehensive array of services can be expected to be most effective.



Hawai'i Island Residential Treatment & Supportive Housing

Big Island Teen Challenge – Keaau

808-965-8403

808TCHI@gmail.com

www.teenchallengehawaii.com

Going Home Hawai'i

(Recovery Housing in Hilo & Kona)

808-491-2437 (Hilo)

808-464-4003 (Kona)

www.goinghomehawaii.org

Independent sober living

Big Island Substance Abuse Council

808-969-9994

www.bisac.org/adult-services

Must schedule an assessment with

BISAC for a referral to their program.

Request an assessment.

Kanaka O Puna (Puna)

Iopa Maunakea

808-960-3893

bruddahkuz@msn.com

www.kanakaopuna.org

Bridge House (Kona)

www.bridgehousehawaii.org

Terry Lynn 808-322-3305

Serenity House Men's Independent Living Clean and Sober (Puna)

Rachiel Javine

808-430-8584, 808-965-9003

admin@hissupportnetwork.org

www.facebook.com/hissupportnetwork/



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C. Medical Treatment for Alcohol and Drug Problems

Addiction is a brain disease. It often leads to social, behavioral, criminal, even “moral” problems. Yet it is a disease just as diabetes and asthma are diseases. No one ever plans to get addicted, or to have alcohol or drug related problems. And no one sets out to have an accidental overdose – even a fatal overdose. Addiction is a bad disease which good people can develop. No one plans for it and most do not see it coming. Yet, just as there are effective medications for diabetes and asthma, there too are safe and effective medications for addiction. Medications can be used alone, or as part of a program that includes other treatments noted here, or with participation in Community Mutual Support Groups.

1. Medications for Withdrawal, Craving or Longer-term Disease Management

Medications for Opioid Use Disorder

Buprenorphine (Subutex, Suboxone, others)
Naltrexone (pills or injectable)
Methadone (at methadone clinic, daily visits required)

Medications for Alcohol Use Disorder

Acamprosate (Campral)
Naltrexone
Disulfiram (Antabuse)
Topiramate and others*

Medications for Methamphetamine Use Disorder

Bupropion/naltrexone*

Medications for Nicotine Use Disorder

Varenicline (Chantix)
Wellbutrin, Zyban (bupropion)
nicotine replacement gum, patch, etc.

** Evidence-based efficacy yet not yet FDA approved. All other FDA approved. References for the above medications can be found on the HIFTF website: www.hiftf.org*

Outer Island Residential Treatment & Supportive Housing

Aloha House (Maui)

www.mbhr.org
808-579-8414

Habitat

www.habilitat.com/
808-235-3691
(private pay, no insurance accepted: \$12,000 entry fee + \$2,000/mo= \$72,000
Long-term: 2.5yrs / 30 mos of treatment)

Hina Mauka

www.hinamauka.org/
808-236-2600

Ho’omau Ke Ola (Oahu)

www.hoomaukeola.org/
808-696-3315

Hope Inc (Oahu)

www.hopehi.org/
808-638-4440

Men’s Adult Rehabilitation Center (ARC)

90-day program
808-522-8400

Oxford Houses

808-957-0324
www.oxfordhousehi.org/

Po’ailani

Dual diagnosis program: mental illness and substance use
www.poailani.org/
808-262-2799
Kailua, HI 1-3mos
Out of pocket costs not covered by Quest: \$350/mo. rent, \$400/mo. food (EBT)

Salvation Army

www.hawaii.salvationarmy.org
For drug withdrawal ("detox"):
808-595-5819, 808-595-6371,
Call multiple times a day for detox until you get a live person, not recommend to leave a voicemail

Sand Island

www.sandisland.com/
808-841-2319

Women’s Way

Residential treatment, supportive housing, and transitional housing for pregnant women and mothers with children under age 10.
www.hawaii.salvationarmy.org
808-739-4952 or 808-739-4931

